

Board Policy
Descriptor Code: EEE
Wellness Program

The Franklin County School District ("District") recognizes that wellness and proper nutrition are related to students' well-being, growth, development, and readiness to learn. The District also recognizes that the school plays a critical role in creating an environment that promotes and protects student wellness, and provides proper nutrition, nutrition education, and regular physical activity as part of the the total learning experience. The District is committed to providing a healthy school environment, where students will learn and participate in positive dietary and lifestyle practices that can improve student achievement.

Development and Implementation of a Wellness Program

In accordance with federal law, the District has involved parents, students, representatives of food services, board members, school administration, health and physical education teachers, and the public in developing a district-wide wellness policy. After considering input from various stakeholders interested in the promotion of overall student health and well-being, the District has created this regulation which includes goals to promote student wellness.

- All students in grades K-12 will have opportunities, support, and encouragement to be physically active on a regular basis.
- Foods and beverages sold or served at school will meet the Federal nutrition requirements of the Healthy Hunger Free Kids Act (HHFKA) and the Smart Snack regulations.
- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; will accommodate the religious, ethnic, and cultural diversity of the student body in the meal planning; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- To the maximum extent practicable, all schools in our district will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program, and the Fresh Fruit and Vegetable Program)
- Schools will provide nutrition education and physical education to foster lifelong habits of healthy eating and physical activity, and will establish linkages between health education and the School Nutrition Program.
- The school district is committed to implementing a Farm to School initiative focused on serving locally grown foods as defined by the School Nutrition Program. This effort will be supported with nutrition education in the schools.

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NUTRITION GUIDELINES:

School Meals

Meals served through the National School Lunch and Breakfast Programs will:

- Follow the USDA Healthy Hunger Free Kids regulations;
- Be appealing and attractive to children while being served in clean and pleasant settings;
- Meet, at a minimum, nutrition requirements established by local, state, and federal statutes and regulations;
- Encourage the consumption of foods as recommended by the HHFKA which encourages increasing consumption of a variety of fruits, vegetable, whole grain, and low fat/fat free dairy products
- Plan menus to accommodate the seasonality of local agriculture according to availability of produce from local farms and school gardens
- Provide breakfast and lunch meals in accordance with the District's approved free and reduced-priced meal agreement in compliance with local, state, and federal guidelines.
- Make available guidance to parents and families on foods that provide consistent nutrition messages and as needed for special diets
- Insure snack foods and beverages sold to children at school during the school day are USDA Smart Snacks compliant
- Encourage standards that allow schools to offer healthier snack foods to children and ensure that students are only offered tasty and nutritious foods for a la carte sales.

NUTRITION EDUCATION:

The District shall teach, encourage, and support healthy eating habits by students. Schools shall provide nutrition education consistent with federal and state requirements and engage in nutrition promotion aimed at attaining the following activities and goals:

- Schools shall conduct nutrition education activities and promotions that involve parents, students, and the community
- Community/School event showcasing our physical education and nutrition departments
- School menus are followed and analyzed using USDA-approved guidelines and cafeteria lines are arranged to promote increased selections of healthy foods and identification of healthy choices.
- Teachers will be encouraged to incorporate any new school gardens (if applicable) as part of curriculum to enrich students' learning opportunities by presenting academic projects around food, nutrition, mathematics, science, language arts, and the environment.

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PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL EDUCATION:

Physical Activity and Education

All students in grades K-12 shall have opportunities, support, and encouragement to be physically active on a regular basis. The District shall provide:

- Physical education consistent with federal and state requirements
- Physical education will be taught by a certified physical education teacher
- Promotion of physical activities
 - Educational information given out during lunch by high school groups
 - Community/School event showcasing our physical education and/or nutrition departments
- Recreational facilities that are safe, clean, and accessible for all students
- Encouragement to provide recess in PK-5 prior to lunch

Staff Wellness

The District highly values the health and well-being of every staff member and will plan and implement activities that support personal efforts by staff to maintain a healthy lifestyle. Offering a free Biometric Screening is one way the District supports a healthy lifestyle.

OTHER SCHOOL BASED ACTIVITIES:

Meal Times and Scheduling

- Schools will provide students with adequate time to eat lunch;
- Schools will schedule meal periods at appropriate times depending on class schedules, number of students and other influencing factors. Lunch should be scheduled between 10:30a.m. and 2 p.m.
- Schools will not schedule tutoring, club, or organizational meetings or activities during mealtimes, unless students may eat school meals during such activities;
- Schools will provide students access to handwashing or hand sanitizing before they eat meals or snacks.

Rewards

- Faculty and staff are encouraged to use non-food rewards or foods that meet smart snack guidelines as rewards in the classroom.

Fundraising

- See attached Competitive Foods Policy.

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Classroom and School Parties and Celebrations

- School administrators shall determine ways to highlight seasonal events and birthdays in a way that is age appropriate and provides equal opportunity for each student to be involved. When food and beverages are provided during such activities, the provision of healthy food and beverage choices are recommended.

Vending Machines/School Stores

- Only foods and beverages that are Smart Snack compliant are sold in vending machines/school stores throughout the school campus. The sales of foods of minimum nutritional value are banned.

Role Models

- All in-school marketing shall provide positive, healthy food and physical activity messages.

Water

- All school meal periods must offer access to drinking water for students during meal times. Students are allowed to go to the drinking fountain either in or near the cafeteria during meal times.

Qualifications of School Nutrition Staff

- Qualified nutrition professional will manage and administer the School Nutrition Program. Continuing professional development should be provided for all nutrition professionals in compliance with USDA Professional Standards for All School Nutrition Program Employees effective July 1, 2015. Staff development programs should include appropriate certification and/or training programs for District School Nutrition Director, managers, and school nutrition assistants according to their level of responsibility.

COMPLIANCE:

Implementation and Monitoring

- The superintendent or designee will ensure the compliance and implementation with this wellness policy throughout the district. School principals shall be responsible for communicating the contents of this regulation and the implementation of the regulation in their respective schools. Principals shall report on their compliance as directed by the Superintendent.
- The School Nutrition Director for the District shall be responsible for

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the nutritional component of this policy and shall be the functional expert in school nutrition matters, ensure compliance with nutrition staff and oversee the daily operation of the District's School Nutrition Program.

Policy Review

- Assessments will be conducted every three to five years in order to review policy compliance, assess progress, and determine areas in need of improvement. As a part of that review, the District will review the nutrition and physical activity policies; an environment that supports healthy eating and physical activity; nutrition and physical education policies and program elements. The District will revise the wellness policies and develop work plans to facilitate the implementation, if necessary.

Board Policy
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Competitive Foods

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THE SALE OF COMPETITIVE FOODS

The Board of Education for Franklin County School District is committed to providing students with nutritious food and beverage options during the school day on the school campus. The **School day** is defined as the period from the midnight (12:00 am) before, until 30 minutes after the end of the official school day. **School campus** includes all areas of the property under the jurisdiction of the school that are accessible to students during the school day. This includes outdoor eating areas, parking lots, school stores, etc.

Food sold in schools must:

1. Comply with the general criteria:

- Be a “whole grain-rich” grain product containing 50% or more whole grains by weight, or have whole grains as the first ingredient; or
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
- Be a combination food that contains at least ¼ cup fruit and/or vegetable.
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber).**

*If water is the first ingredient, the second ingredient must be one of the items above.

**This criterion expires June 30, 2016

2. And meet, at a minimum, the Nutrition Standards for all foods sold in schools:

Calorie limits:

° Snack items: ≤ 200 calories

° Entrée items: ≤ 350 calories

Sodium limits:

° Snack items: ≤ 200 mg

° Entrée items: ≤ 480 mg

Fat limits:

° Total fat: ≤35% of calories

° Saturated fat: < 10% of calories

° Trans fat: zero grams

Sugar limit:

° ≤ 35% of weight from total sugars in foods

3. Or qualify for an exemption from the Nutrition Standards.

4. Accompaniments such as cream cheese, salad dressing and butter must be included in the nutrient profile as part of the food item sold.

Beverages sold in schools must:

1. Be one of the allowable beverages for all grades

- Plain water (with or without carbonation)
- Unflavored low fat milk

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- Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and
 - 100% fruit or vegetable juice diluted with water (with or without carbonation), and no added sweeteners.
2. Comply with the size limits for each grade
 - Elementary schools may sell up to 8-ounce portions
 - Middle schools and high schools may sell up to 12-ounce portions
 - There is no portion size limit for plain water.
 3. High Schools may allow additional “no calorie” and “lower calorie” beverage options to their students.
 - No more than 20-ounce portions of calorie-free, flavored water (with or without carbonation); and other flavored and/or carbonated beverages that are labeled to contain ≤ 5 calories per 8 fluid ounces or ≤ 10 calories per 20 fluid ounces.
 - No more than 12-ounce portions of beverages with ≤ 40 calories per 8 fluid ounces, or ≤ 60 calories per 12 fluid ounces.

OTHER REQUIREMENTS

- **Fundraisers**
 - The sale of food items that **meet** nutrition requirements at fundraisers are not limited in any way under the standards except they may not be sold in the cafeteria.
 - All snacks sold in schools must meet the aforementioned nutritional requirements.
 - The standards do not apply during non-school hours, on weekends, during class parties, and at off-campus fundraising events.
- **Exempted Fundraisers**
 - Per the State Board Rule 160-5-6-.01, the Board of Education for the Franklin County school district will allow 30 fundraisers per school per school year not to exceed 3 days in length. Exempted fundraisers will not occur 30 minutes prior until 30 minutes after the end of breakfast or lunch meal service.

Questions regarding approved snacks may be directed to Kristin Schupp, School Nutrition Director.

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